

**UNIVERSITY OF EDUCATION, WINNEBA**  
**FACULTY OF SCIENCE**  
**DEPARTMENT OF HOME ECONOMICS EDUCATION**

**COURSE TITLE : FLOUR COOKERY**  
**COURSE CODE : 256**  
**CREDIT : 2**  
**SEMESTER : 1**  
**LECTURER : MRS. EILEEN ADIGBO**

**OBJECTIVES**

1. To expose students to the use of various ingredients in Confectionery Cookery.
2. To help students experiment and develop new recipes with different types of flour.

WEEK	TOPIC	ASSIGNMENT
1&2	Introduction to Flour Cookery ✓ What is Flour? ✓ Types of Flour ✓ Wheat flour and its properties ✓ Types of wheat flour ✓ Importance and roles of other ingredients used in flour cookery. ✓ Experiments with wheat flour	
3&4	Raising agents used in flour cookery ✓ Their importance and use ✓ Experiments with raising agents	
5	Equipment and measurement in flour cookery	
6	Methods of incorporating fat into flour in flour cookery ✓ Batters ✓ Rub-in mixtures	
7	Creamed mixtures	
8	Melted fat mixtures	
9	Fatless mixtures	
10	Cakes and Biscuits	
11&12	Pastry	
13	Yeast mixtures	

## REFERENCES

1. Introductory Foods by Bemon M.
2. The Science of Food and cookery Hodder & Stowgten
3. Better Cookery King
4. The Theory of Catering Kinton R. Ceseranui V & Fosket
5. Guide to modern meals Owl SS Duylf L. R. and Hasler D.
6. Understanding Cookery Picton M.
7. Food Facts Clask D. and Herbert E.
8. Food and Nutrition Full A.
9. Cookery for schools Neal M. M.
10. The world of Food Medved E.
11. Complete Pastry work Techniques Nicollello L.
12. Hammond's Cookery Explained Davies J.